Five Bottles Peruna Restored Me To Complete Health



I Have Been In The Best Of Spirits Owe My Health To Peruna

boots, shoes and cigars, 132 S. Main Council Bluffs, In., writes: "I cannot tell you how much good Peruna has done me. Constant confinement in my store began to tell on my health and I felt that I was gradually breaking down. I tried several remedies prescribed by my physician. but obtained no permanent relief until I took Peruna. I felt better im-mediately and five bottles restored ma Since, And mediately and five bottles restored me to complete health. I have been in the best of spirits since, and feel that I owe my health to it."

Our booklet, telling you how to keep well, free to all. The Peruna Co., Columbus, Ohio.

Those who object to liquid medicines can now procure Peruna Tabelets.

As Age Advances the Liver Requires



occasional slight stimulation. CARTER'S LITTLE LIVER PILLS

CONSTIPATION

No Cause for Alarm.

asked a doting mother of her little one,

CHEAP HOME-MADE BEAUTY LO-

TION TO REMOVE TAN, FRECK-

LES, SALLOWNESS.

At the cost of a small jar of ordinary

cold cream one can prepare a full quar-

ter pint of the most wonderful lemon

skin whitener and complexion beauti-

fler, by squeezing the juice of two fresh

lemons into a bottle containing three

ounces of orchard white. Care should

be taken to strain the juice through a

fine cloth so no lemon pulp gets in, then this lotion will keep fresh for

months. Every woman knows that

lemon juice is used to bleach a dark-

ened skin and remove such blemishes

as freckles, sallowness and tan and is

the ideal skin softener and beautifier.

up a quarter pint of this sweetly frag-

rant lemon lotion and massage it daily

into the face, neck, arms and hands.

It is marvelous to whiten rough, red

That Old Guy.

ative ruralist, was appearing in a suit

brought by her husband. She insisted

on loudly commenting on each answer

given by the first witness. Repeatedly

the judge requested her to keep quiet,

but she persisted in audibly disputing

the words of the witness. Finally the

"Mrs. Carico, the court demands that

you remain quiet. Unless you do so

Giving the judge a savage look, the

"Who is that old guy that's buttin' in

woman turned to her attorney and in-

all the time?"-Harper's Magazine.

German Call for Pearls.

en owning pearls is contained in the

following advertisement inserted in the

press by the jewel-hunting officials of

"Bring in Your Jewels! Pearls mean

German papers recently received in

spared to induce the German public to

to stiffen the mark exchange rate

which is running so heavily against

Why Father Was Peeved.

"I don't understand why your father

has taken a sudden dislike to me. He

seemed friendly enough when I first

began to call." "Why'er-I think I can

suppose he thought you would be

drafted or something before you and

I discovered that we were soul

The man who boasts of near suc-

cess is like the chap with a nickel in

but the prodigal daughter is lucky if

But the best airship on earth may

When Your Eyes Need Care

Try Murine Eye Remedy
No Smarting - Just Bye Comfort. 60 cents at
Druggists of mail. Write for Free Bye Book.
MYELINE EYE REMEEDY CO., CHICAGO

mates."-Birmingham Age-Herald.

a six-cent-fare trolley car.

she gets a plate of cold hash.

be good in the air.

A particular appeal to German wom-

you will be held in contempt."

Mrs. Carico, a middle-aged and talk-

hands .-- Adv.

judge said:

the Reichsbank:

the Fatherland."

Germany.

Just try it! Get three ounces of

several hours of diligent search.

was my home that was lost."

"Were you frightened, my darling?"

Colorless or Pale Faces usually indicate the absence of Iron in a condition which will be greatly helped by Carter's Iron Pills

EASY MATTER TO EXPLAIN

Similarity of Spelling That Really Looked Suspicious Quite a Simple Thing, According to Tommy.

A schoolmaster received the following note one morning from a pupil: Dear sir-Pleese eskoose little Tommy for his absens yestiday as he waz quite il, and the doctor tolled me to kepe him in bed. So I let him stay Yours resptively, Misses

The master was a trifle suspicious. "Tommy," said he, sternly, "who

wrote that note?" "Why-er-mother did, if please, sir."

"Well, I must say that some of the spelling is remarkably like the spell-Ing you generally give me." But Tommy was equal to the occa-

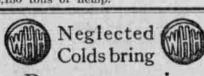
"Yes, sir," said he, cheerily. "Everyone says that, as far as spelling is concerned, I'm the image of my mother."-London Ttt-Bits.

The Nearest He Ever Came. "Did Bliggins ever do a day's work?" "One that I know of. He spent a whole Fourth of July setting off fireworks."

There's a Reason.

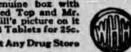
Hubby-"Inever realized you were so tall before." Wife-"I'm supposed to be. Am I not your better half?"

Hull, England, in 1916, imported 9,130 tons of hemp.



Pneumonia MILLE CASCARA QUININE





Children Who Are Sickly

When your child cries at night, tosses restlessly in its sleep, is constipated, feverish or has symptoms of worms, you feel worried. Mothers who value their own comfort and the welfare of their children, should never be without a box of

Mother Gray's Sweet Powders for Children

for use throughout the season. They tend to Break up Colds, relieve Feverishness, Constipation, Teething Disorders, move and regulate the Bowels and destroy Worms. These powders are pleasant to take and easy for parents to give. They cleanse the stomach, act on the Liver and give healthful sleep by regulating the child's any substitute.

Used by methers for 31 years. Sold by all druggists, 25 cts. Sample mailed FREE. Address. Mother Gray Co., Le Roy, N. Y. Be sure you ask for and obtain Mother Gray's Sweet Powders for Children.





W. N. U., SIOUX CITY, NO. 12-1918.

ALLIES TO SEIZE DUTCH VESSELS

Britain and U. S. Serve Final Notice on Holland-Plan in Effect March 18.

MILLION

Netherlands Envoy to See President Wilson in Last Plea to Modify Action-Will Double Meat Exports to Entente.

Washington, March 16. - After months of delay and unsuccessful negotiation with the Netherlands, the United States and Great Britain have decided to take over on March 18 for the allies' use all Dutch ships in the allies' ports, unless the Netherlands government accepts an agreement to that purpose before that time.

This will bring practically a million tons of ships to the aid of the allies at a time when they are sorely

The Netherlands minister, Augustus Phillips, had an engagement with President Wilson and it was expected he would present from his government a final appeal that the action be delayed or at least modified.

There are no indications, however, that the allied governments will recede frem their decision. In fact, a final communication is understood already to have been presented at The Hague by the British and American diplomatic representatives.

who had been lost and was found after In addition to being recompensed for the loss of any of the ships, the "Why, no, mamma," replied the Dutch are to receive liberal compensachild, wonderingly, "I wasn't lost; it tions in export privileges of breadstuffs, which they need badly.

German pressure is expected to deter the Netherlands government from accepting the offer.

American officials contrasted the action of the United States and Great Britain with the attitude of Germany, which for months by threats has attempted to exercise a control over Dutch shipping outside its territorial jurisdiction not warranted by international law or civilization.

A large amount of tonnage still is left free for Holland's own needs.

Meat exports to the allies will be increased 50 per cent and perhaps doubled shortly, under arrangements being negotiated by the food administration with the allies' food representatives

RAIL BILL IS SENT TO WILSON

House Agrees to the Conference Report as Passed by the Senate-Power Given President.

Washington, March 16-Congress orchard white at any drug store and finally disposed of the railroad control two lemons from the grocer and make | bill when the house agreed to the conference report adopted by the senate. The bill now goes to the president. The house vote was 303 to 25. The measure compensates the railroads for the use of their properties during the war; limits federal operation to 21 months after the war; authorizes the president to initiate rates, subject to the approval of the interstate commerce commission; appropriates \$500,-000,000 as a revolving fund for the director general and places all "short lines" under federal control.

RAINBOW DIVISION IN FIGHT

General Pershing Tells of Success of Guardsmen-Praised by French Commander.

Washington, March 16.-American troops that repulsed the German raid on March 5 were from the Forty-second or Rainbow division, which is made up of National Guardsmen, General Pershing reported.

The commander of the American division was personally congratulated by General Gerard, commander of the Eighth French army, for the manner in which the Americans conducted tears. But, perhaps can also dry tears | themselves.

The One Hundred and Forty-ninth if you sacrifice them on the altar of artillery, formerly the First Illinois artillery, is part of the Rainbow di-London show that no effort is being vision,

turn over its jewelry for sale abroad HUNS SEIZE U. S. MEN ON SHIP

Americans Captured While Fleeing Finland - Red Guards Detain Twenty-Five at Bjoernsborg.

Washington, March 16 .- State department advices transmit reports from Stockholm that some Americans who left Finland on a neutral ship after the German occupation were explain it," answered Miss Peaches. "Father is naturally courteous and I taken prisoners.

The department also learned that 25 Americans who left Helsingfors have been held by the Finnish Red guards at Bjoernsborg, on the west coast of Finland, northwest of Helsingfors.

Coke Shipments Increase. Connellsville, Pa., March 16 .- An increase of 37,500 tons in coke shipments The prodigal son gets the fatted yeal, from the Connellsville region during the last fiscal week brought shipments above 330,000 tons for the first time

since last November.

Bombs Kill Five in England. London, March 16.-In Wednesday ight's air raid one airship crossed he coast and dropped four bombs on Hartlepool. Ext dwelling houses were lemolished. Five persons were killed and nine injured.

Swift & Company Publicity

At a recent hearing of the Federal Trade Commission there was introduced correspondence taken from the private files of Swift & Company, which showed that the Company had been considering for some time an educational advertising campaign.

The need for this publicity has been apparent to us for several years. The gross misrepresentation to which we have recently been subjected has convinced us that we should no longer delay in putting before the public the basic facts of our business, relying on the fair-mindedness of the American people.

The feeling against the American packer is based largely on the belief that the income and well-being of the producer and consumer are adversely affected by the packers' operations. resulting in unreasonably large profits.

Swift & Company's net profit is reasonable, and represents an insignificant factor in the cost of living.

For the fiscal year 1917 the total sales and net profit of Swift & Company were as follows:

Sales \$875,000,000.

Profits \$34,650,000.

This is equivalent to a \$3,465. profit on a business of \$87,500.



If Swift & Company had made no profit at all, the cattle raiser would have received only one-eighth of a cent per pound more for his cattle, or the consumer would have saved only one-quarter of a cent per pound on dressed beef.

Swift & Company, U. S. A.

"My son, it is easy enough to be promins young man." "Yes, father."

"But the trick in life is not to prom-

ise, but to perform."

Now Is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freekles, as the prescription othine—double strength—is guaranteed to remove those homely spots. Simply get an ounce of othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Lifelong Job.

youth?"

"Living them down."

PREPAREDNESS. Prepare for next washday by taking home Red Cross Ball Blue. Ask any

good grocer. Red Cross Ball Blue imparts a clear white; makes you smile when you see the basket of beautiful, snowy white clothes. Red Cross, the blue that's true blue.-Adv.

Honesty is the best policy for the man who can't steal enough to pay a good lawyer.

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

Sold by druggists for over forty years. Price 75c. Testimonials free.

F. J. Cheney & Co., Toledo, Ohlo.

Owing to the disappearance of nearly all gold and silver, Portugal is on a paper basis.

Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Be sure to ask for the double strength other, no this is sold under guarantee of money back if it falls to remove freekles.—Adv.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels Demand From Canada Alone for 1918 is 400,000,000 Bushels

To secure this she must have assistance. She has the land but needs "What's the biggest problem you the men. The Government of the United States wants every man who can have faced since the days of your effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied. we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than April 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to: U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR

Gave Him Away. Willie-Say, maw, pop must tell you lot of riddles.

His Mother-Why do you ask? Willie-Well, I heard him tell Mr. Jones last night that he had you guess-

ing. Knew She'd Bought One. Wife-"I attended the mammoth sale today." Tubb-"where are you

going to keep the darned thing?"

"What happens when you are weighed in the balance and found wanting?" "I suppose you are exempted." -Life.

Man worries quite a little here below-and the undertakes does the rest.

Nearly all of the principal cities of England have policewomen.

How to Make Oatmeal Bread

Healthful to Eat-Saves the Wheat

1 cup flour 1% cups corn mea I teaspoon salt 5 teaspoons Royal Baking Powder 2 tablespoons sugar

1 cup cooked oatmeal or rolled 2 tablespoons shortening 1½ cups milk No eggs

Sift together flour, corn meal, salt, baking powder and sugar. Add catmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free-address

ROYAL BAKING POWDER CO., Dept.W, 135 William St., New York

FOOD WILL WIN THE WAR